



Vegetarian

# JANUARY 2023

Sacred Heart School

Meal prices:  
Paid: \$2.75  
Reduced: \$0.40

## Monday

Break

## Tuesday

Veggie Nugget Sandwich  
Corn  
Romaine Salad  
Applesauce  
Milk

## Wednesday

Veggie Burger on Bun  
Baked Beans  
Carrots and Celery  
Diced Peas  
Milk

## Thursday

Veggie Nuggets w/ Roll  
Mashed Potatoes  
Mixed Vegetables  
Mandarin Oranges  
Milk

## Friday

Cheese Sticks w/  
Marinara Sauce  
Green Beans  
Carrots  
Fruit Cocktail  
Milk

Veggie Nachos w/Cheese  
Salsa  
Peas  
Corn  
Diced Peaches  
Milk

Veggie Nuggets w/ Roll  
French Fries  
Carrots  
Mandarin Oranges  
Milk

Cheese Ravioli w/ Sauce  
Green Beans  
Romaine Salad  
Breadstick  
Applesauce  
Milk

Veggie Nuggets  
Tater Tots  
Broccoli  
Diced Peas  
Milk

Pizza  
Mixed Vegetables  
Romaine Salad  
Fruit Cocktail  
Milk

MLK Jr. Day

No School

Spaghetti w/ Veggie Sauce  
Romaine Salad  
Green Beans  
Fruit Cocktail  
Milk  
**Aria's Lunch Pick**

Veggie and Cheese Tacos  
Salsa  
Lettuce and Tomato  
Peas and Corn  
Mandarin Oranges  
Milk

Baked Macaroni and Cheese  
Roll  
Broccoli  
Carrots  
Mandarin Oranges  
Milk

Grilled Cheese Sandwich  
Tomato Soup  
Carrots with Dip  
Fruit Cocktail  
Milk

Veggie Nuggets  
with Roll  
French Fries  
Broccoli  
Applesauce  
Milk

Cheese Sandwich  
Lettuce and Tomato  
Carrots  
Chips  
Pineapple Tidbits  
Milk

Veggie Tacos  
Salsa  
Lettuce and Tomato  
Mixed Vegetables  
Mandarin Oranges  
Milk

Veggie Patty Sandwich  
Smiley Fries  
Baked Beans  
Diced Peas  
Milk

Pizza  
Green Beans  
Romaine Salad  
Fruit Cocktail  
Milk

Grilled Cheese Sandwich  
Tater Tots  
Veggie Tray  
Diced Peaches  
Milk

Veggie Nugget Sandwich  
Corn  
Romaine Salad  
Applesauce  
Milk

Build a delicious lunch:

Start with 1-2 fruits and/or 1-2 vegetables

Include an entrée of meat, whole grains, and a choice of milk

Your meal must include ½ cup vegetable and/or ½ cup of fruit  
and 2 other components

Choice of Milk:  
Fat Free Chocolate  
1% White

Menu is subject to change.  
We are an equal opportunity  
provider and employer.